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Halifax navy officer to be sentenced today

Lt. Derek de Jong had pleaded guilty to deserting his post **PAGE 4**

Popcorn flick? We do shrimp scampi here

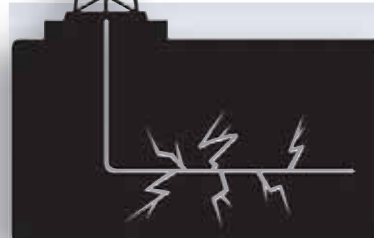
Metro offers a brief history of foodie movies before Chef **PAGE 17**

The Habs and the have nots

Montreal Canadiens hold off Bruins for 4-2 win, taking the lead in NHL Eastern Conference semifinal playoffs **PAGE 23**

HERE COMES THE BOOM!

IN DAY 1 OF OUR THREE-PART SERIES, METRO EXPLORES THE NEW FRONTIER OF FRACKING — BRITISH COLUMBIA **PAGE 12-13**



PARK IT HERE, FOLKS

Sarah Burwash poses for a photo outside of the Gatekeeper's Lodge in Point Pleasant Park on Tuesday. Burwash is taking part in the artist-in-residence program, and will be spending several weeks in the Gatekeeper's Lodge creating a park-based series of installations that will encourage the public to see the park in a new way. Story, page 6 **PATRICK MCKENNA/FOR METRO**

All aboard the tender train

Commuter rail RFP. Councillors say it's 'high time' residents find out if it will work

The question of whether commuter rail is feasible in Halifax is one step closer to being answered.

The tender for a feasibility study on rail service from Halifax to Windsor Junction and Enfield has been posted by HRM, more than two years after it was approved by regional council.

"It's high time we had an answer whether this is viable or not," said Coun. Tim Outhit, one of the main crusaders for commuter rail.

The Request for Proposals, posted this week, "is intended to provide a detailed analysis of the potential of providing a commuter rail service on the existing rail corridor, including infrastructure requirements, operational needs, and costs."

Both Outhit and Coun. Barry Dalrymple said support has been consistently strong among Halifax residents — but especially so in Dalrymple's district, where rail service once existed.

"My mother ... living in Fall River, she went to high school in Halifax and did so every single day for three years by rail," said Dalrymple. "So when I say people in these communities are attuned to rail, they certainly are."

Quoted

"I would think that most people that I've spoken to would be willing to pay more than they would for a bus. They'd be downtown a lot more quickly and a lot more comfortably." **Coun. Tim Outhit**

Dalrymple said rush-hour traffic jams are a daily nightmare in Fall River and said residents would welcome the return of rail service, suggesting \$10 round trip was reasonable. "People would jump at that."

You've got to remember you're avoiding the bridges, the tolls, the traffic, the parking."

Outhit said it's not clear yet whether CN, which owns the rail lines, will take part in the \$250,000 study — but HRM will have access to company data.

He said if the study shows commuter rail isn't viable, the municipality will face some difficult decisions about public transportation to the downtown core.

"What I can't support, and what I'm hearing is ... oh well, we'll run more buses and reduce the lanes for cars," he said. "I think that would be the death of downtown."

RUTH DAVENPORT/METRO



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Numbers climbing on MetroX airport route

Transit. Official says residents, travellers getting used to new express service



RUTH DAVENPORT
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Ridership on the MetroX airport/Fall River service took a jump in its second year of service.

Route 320, which launched in May 2012, was designed as an alternative to cabs or limos for airport passengers and as

a commuter service for Fall River residents.

The service got off to low numbers, but Metro Transit's manager of scheduling and planning said Tuesday daily passenger boardings have risen nearly 54 per cent from 387 in the first year of service to 595 in the second.

"It's something you would expect to see as a service matures," said Dave Reage. "Typically, first year in service, you're going to have low ridership while people adjust their travel patterns."

Coun. Barry Dalrymple said the service has been a

Quoted



"Ridership from last year to this year went up 55 per cent. Name me any other Metro route that has ever had a 55 per cent increase in one year."

District 1 Coun. Barry Dalrymple

welcome addition to the Fall River area, where commut-

ers are often frustrated by the traffic delays at "choke points" in and out of the community.

"You can drive to the Park and Ride in Fall River, any day of the week and the parking lot is completely jammed full," he said. "Parking on the service road going in is jammed full."

Reage said the service is performing on par with similar routes, such as the Tantalion MetroX.

He said ridership is counted for the entire route, and didn't have immediate access to a breakdown of numbers

for the Fall River-downtown Halifax leg compared to the airport portion.

But Halifax International Airport Authority vice-president of corporate communications Peter Spurway said the service seems to be gaining momentum.

"Anecdotally, I notice more people on that bus than I did a year ago," he said, adding he's used the service to travel from the airport to downtown. "We put a little push on last year ... with the 5,400 people here to raise their level of awareness and encouraging them to give it a try."



Inukshuks mark waterfront route

A man jogs along the waterfront in Point Pleasant Park on Tuesday afternoon. Many inukshuks, like these behind the runner, have been popping up along the coast line in the past few weeks.

PATRICK MCKENNA/FOR METRO

1 NEWS

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at BRUNSWICK HEIGHTS

Navy officer's wife relieved to hear prosecution not seeking jail time

Desertion. Halifax naval officer to be sentenced Wednesday

The wife of a navy officer who pleaded guilty to deserting his post after alleged harassment says she's relieved the prosecution isn't recommending a prison sentence.

Lt. Derek de Jong has testified that prior to leaving HMCS Preserver while it was docked in Key West, Fla., on Sept. 17, 2012, he was subjected to behaviour that included a colleague urinating on his cabin floor.

De Jong's wife, Maria, said Tuesday she remains anxious about the sentencing that awaits her husband but was given a degree of comfort when she heard the prosecution didn't think jail was warranted in this case.

"My kids found out this

morning there was a chance their dad would be imprisoned and if that was the case right now I wouldn't want to go home right now and face my kids," she said outside the court martial in Halifax.

Prosecutor Lt.-Cmdr. Darin Reeves said de Jong should be reprimanded and demoted to sub-lieutenant. Reeves told the court martial that desertion is a serious military offence when committed by a senior officer who has duties that include the safety and security of a vessel.

Outside the hearing, Reeves said a demotion would be a serious penalty if the judge imposes it.

"It publicly demonstrates to other members of the Canadian Forces ... the conduct has caused a loss of faith in the offender to carry out duties at their present rank," he said.

Defence lawyer Sara Collins argued de Jong, 43, only deserves a reprimand and a

fine of between \$1,000 and \$3,000.

An agreed statement of facts says on the day of his desertion, de Jong signed a letter to his commander saying he was working in a toxic environment and visited the sick bay requesting he be sent back to Canada for medical reasons.

In his testimony, de Jong said his decision to leave was wrong and he feels remorse for it.

But he also told the court martial that in late August 2012, he experienced repeated instances of harassment that included an incident where a female colleague entered his cabin and urinated on the floor while he slept. He testified that when he reported the incident to senior officers they laughed about it and a sign was posted on his cabin door saying "women's head," a nautical term referring to a bathroom.

THE CANADIAN PRESS



Lt. Derek De Jong arrives at his court martial in Halifax on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Emera posts strong first-quarter results this year

Emera is reporting strong first-quarter earnings that show it generated \$202.8 million in profits in the first quarter of this year, \$80 million more than the same period last year.

The Halifax-based energy company also says its operating revenues increased 65 per cent to \$1.05 billion, compared with \$638.1 million in the first quarter of 2013.

Earnings per share, including mark-to-market gains, were \$1.43, up from 93 cents in the first quarter of last year.

Chris Huskison, Emera's president and CEO, says the company had a strong start to 2014, thanks in part to its success at securing \$1.3 billion of debt financing for the Maritime Link project. That development is being built to ship hydroelec-

First quarter

65%

Percentage increase in revenues for first quarter

tricity to Nova Scotia from the Muskrat Falls project in Labrador. THE CANADIAN PRESS

Cops charge dozens with impaired driving in April

Halifax police charged 51 people ranging from 18 to 61 years old with impaired driving offences in April.

A release from police states that 23 cases were identified by officers on patrol, eight after a collision, and 20 were called in by concerned citizens.

Of the 35 men and 16 women facing charges, 14

had their licence suspended for having a blood alcohol content between 0.05 and 0.08.

Two of the drivers had breath samples with readings more than twice the legal limit of 0.08, three were three times the limit and one was four times the limit.

One female driver had

readings more than five times over the legal limit.

Eight drivers refused to provide breath samples.

Police say they're "encouraged by the number of citizens helping to play a role in community safety," and urge anyone with information on a drunk or impaired driver to call 911.

METRO

Dartmouth

Truck backs into woman in drug store parking lot

A 41-year-old woman was injured after being hit by a truck backing out of a parking space in Dartmouth.

Police say the 54-year-old driver of the truck hit the woman at a slow rate of speed at the Shoppers Drug Mart on Tacoma Drive around 3:30 p.m. Tuesday.

The victim fell to the ground and injured her

knee.

Police are investigating to determine whether charges are warranted.

METRO

Pictou court

Man who stole snow blower sentenced

A New Glasgow man who stole a snow blower from a Westville home this winter has been told to spend the next three months confined to his home.

Steven Paul Spears, 29,

was sentenced in Pictou provincial court Monday to two 90-day conditional sentence orders after pleading guilty to a charge of theft involving the snow blower and prowling at night.

The prowling at night sentence will run concurrently with the theft sentencing so Spears will spend a total 90 days on house arrest.

The homeowner said when he went to bed around 11 p.m. the snow blower was on his property, but it was missing in the morning.

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Keeper of the gates: Local artist opens up her studio

Gates of Sojourn.

Sarah Burwash helps people rediscover Point Pleasant Park with newest project



HALEY
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Sarah Burwash watches people jog and walk by her fishbowl in Point Pleasant Park, sunlight streaming through the glass onto a canvas filled with watercolour figures.

Burwash, HRM's latest artist-in-residence at the popular south-end green space, is working on a project to draw people into the park for a June 21 event. She creates many pieces from the historic Gatekeeper's Lodge, and starts open studio hours this week.

"They want the visitors of the park to be able to see what's going on," Burwash said from the lodge's kitchen



An example of Sarah Burwash's work. CONTRIBUTED

Studio hours

Sarah Burwash will be holding open studio hours every Thursday in May from 4 to 7 p.m.

- Social events, including table tennis, following from 7 to 9 p.m.

table, a vase of daisies sitting below a "Meet me in the woods" sign.

"It's pretty quiet to be down here. You feel a little isolated, almost like you're in a fishbowl when you see people constantly ... but you don't really interact."

The work, *Gates of Sojourn*, includes four gates made from materials like ceramics, bricks and weaving, which lead the viewer into areas where Burwash's drawings are projected onto large screens and set in motion.

Before she started spending a lot of time in the park last month, Burwash said it was hard to envision where things would go.

She has since discovered small paths leading into dark, treed-in spaces.

"They've been kind of inspiring places where you could have a video installation," she said.

The 27-year-old, originally from British Columbia, said she feels "most at home and comfortable" when she's in nature, and visitors can soon stumble across her working on the gates or other scul-



Sarah Burwash poses with one of her photos inside Gatekeeper's Lodge in Point Pleasant Park on Tuesday. PATRICK MCKENNA/FOR METRO

tures all over the park.

Most of all, Burwash hopes people will think about the park's aboriginal and military history, how it's changed since Hurricane Juan, and when Halifaxians used to dress up and walk the paths — instead of in sports gear.

"I feel like there's a lot of subtleties in the park that are really special that kind of get ... unnoticed," Burwash said. "The idea is ... to slow down for a second or re-imagine the park in a different way."

Table talks

When art meets ping-pong

The patter of ping-pong balls will soon fill the Gatekeeper's Lodge on Thursday evenings as Sarah Burwash bats around ideas with the public.

Burwash, artist-in-residence for Point Pleasant Park this spring, said that table tennis helped her fellow artists connect and unwind after a day of work in the formal studio setting during a recent residency at the Banff Centre.

"There's this idea you have to go to the studio, and have to be really isolated," Burwash said. "I'm trying to break

down some of those ideas and just value the interaction and conversations you have with people."

Burwash said too many artists get inside their heads and put pressure on themselves.

"If you can just relax and have fun, that's often when the more honest ideas come about," she said. **METRO**

Ultralight plane. Pieces of aircraft recovered

The federal Transportation Safety Board has recovered some pieces of an aircraft in its investigation of an ultralight plane crash in Nova Scotia's Hants County.

The plane crashed Sunday near the Stanley Airport, about 25 kilometres northeast of Windsor. Fifty-year-old Maryanne Hardman, the pilot and only person in the plane, died at the scene.

Hardman is from the Halifax area and was a member of Stanley Sport Aviation for five



Maryanne Hardman HANTS JOURNAL

years. She has been described as someone who loved to fly and a very safe and experienced pilot.

The Mounties are also investigating. **THE CANADIAN PRESS**

End-of-life needs. Province to spend \$1M on palliative-care strategy

The Nova Scotia government has announced \$1 million for the first year of a new strategy to improve palliative care.

Health Minister Leo Glavine says the goal is to move toward a more integrated approach with health professionals and community organizations and to focus more on patients' end of life needs.

The strategy includes the

establishment of an advisory committee to guide its implementation.

A provincial palliative care co-ordinator will also be hired along with additional palliative care team members in South Shore, Annapolis Valley and Capital district health authorities this year.

Funding will also go to the Nova Scotia Hospice Palliative Care Association.

THE CANADIAN PRESS

Transit. Shuttle buses to replace Alderney ferry on Sunday

The ongoing renovations to the Alderney Ferry Terminal mean the Alderney ferry will be out of commission on Sunday.

A release from states that Metro Transit will provide shuttle buses between the ferry terminal and Water Street.

The buses will run on the same schedule as the ferries.

They will also ask for the

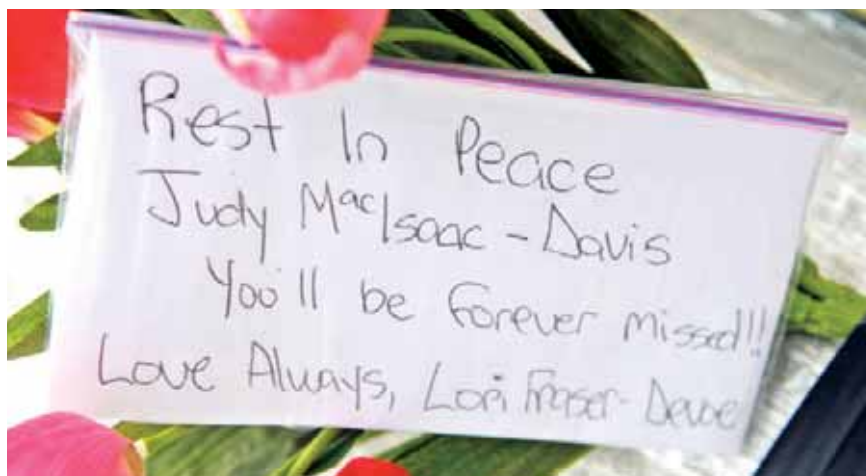
same fare.

The shuttle bus to Halifax will leave from the front of the Alderney Gate Building.

The bus runs every 30 minutes from 11 a.m. to 6 p.m.

The shuttle to Dartmouth will leave from the Water Street Terminal every 30 minutes from 11:15 a.m. to 6:15 p.m.

METRO



A note is left with some flowers at the corner of Thistle Street and Victoria Avenue in Dartmouth on Tuesday.

JEFF HARPER/METRO

Police looking for witnesses in fatal accident

Crosswalk death.

About five cars travelled same path as truck, say police



HALEY RYAN

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Police are hoping to speak to witnesses who were at the site of a fatal pedestrian collision on Saturday to help determine what exactly happened.

Halifax Regional Police spokesman Const. Pierre Bourdages said they are looking to speak to up to five people who drove through the intersection of Thistle Street and Victoria Road in Dartmouth around 11 a.m., just before the collision happened.

The victim, who uses a three-wheeled scooter as her mode of transportation, was crossing the intersection

when a 50-year-old man hit her with his truck.

"We're interested as to what they may have seen in the moment prior to the collision," said Bourdages on Tuesday.

The pickup was attempting to make a left-hand turn, and hit the woman while she was in the crosswalk, police say.

She was taken to the QEII hospital with life-threatening injuries, and died about six hours later.

A note on some flowers left at the site identified the victim as Judy MacIsaac-Davis.

Bourdages said a witness at the scene told police up to five cars took the same path as the pickup truck right before the incident.

No charges have been laid, and Bourdages said police are trying to get a "clear picture" as to exactly what happened.

"Where was the pedestrian, direction of travel, all that information," he said.

At a glance

Crosswalk fatalities in HRM

- 2014: 1
- 2013: 0
- 2012: 4
- 2011: 2

Those who witnessed the collision but have not yet spoken with police are asked to come forward.

Bourdages said there have been 79 pedestrians hit in crosswalks as of Tuesday afternoon. He reminded both pedestrians and drivers that avoiding accidents is a "shared responsibility."

"We all have our thing to do in making pedestrians safer because ultimately they have everything to lose," he said.

Yarmouth County

Man seriously injured in collision

Police say a 63-year-old man is in hospital with serious injuries after the pickup truck he was driving veered off a stretch of highway and into a house.

The Toyota Tacoma pickup was on Highway 309



The crash scene on Tuesday.
YARMOUTH VANGUARD

in Yarmouth County around 10:30 a.m. Tuesday when police say the driver lost control at the intersection of

Frank Doucette Road and hit a nearby home.

The truck was extensively damaged, while the driver was taken to Yarmouth Regional Hospital by paramedics.

The damage done to the home was described by police as moderate.

A cause of the crash is under investigation.

METRO

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With little military help, residents form search parties to look for captured girls

Chibok girls school. A student who escaped her captors recounts the harrowing experience

The girls in the school dorm heard the sound of gunshots from a nearby town. So when armed men in uniforms burst in and promised to rescue them, at first they were relieved.

"Don't worry, we're soldiers," one 16-year-old girl recalls them saying. "Nothing is going to happen to you."

The gunmen commanded the hundreds of students at the Chibok Government Girls Secondary School to gather outside. The men were not government soldiers at all. They were members of the ruthless Islamic extremist group called Boko Haram. They kidnapped the entire group of girls and drove them away into the forest.

There were too many gunmen to count, said the girl who

escaped. So, even after the students realized the men were Islamic extremists, they sat obediently in the dirt. The men set the school ablaze and herded the girl's group onto the backs of three pickup trucks.

The trucks drove through three villages, but then the car of fighters following them broke down. That's when the girl and her friend jumped out.

As they jumped, the car behind started up. The girls did not know if the fighters could see them, so they ran and hid. Later on, a man on a bicycle found them and accompanied them home. There, they were met with tears of joy.

Three weeks later, 276 girls are still missing. At least two have died of snakebite, and about 20 others are ill, according to an intermediary who is in touch with their captors.

With little confidence in the military, residents of Chibok bought fuel for motorcycles and headed into the dangerous Sambisa Forest themselves.

An old man herding cattle warned them that they were close, but that they and their daughters could be killed if they confronted the militants.

The searchers returned to Chibok and appealed to the few soldiers there to accompany them into the forest. Parents ask why they came within a couple of miles of their daughters, yet the military did not.

"What was strange was that none of the people we spoke to had seen a soldier man in the area, yet the military were saying they were in hot pursuit," said Mubah Buba, who joined the search to look for his sisters and nieces.

However, the military says it is diligently searching, with extensive aerial surveillance.

The 16-year-old who escaped keeps thinking of her friends, and wondering why she was able to get away while they are still captive. "I am really lucky and I can thank God for that," she said. "But God must help all of them." **THE ASSOCIATED PRESS**



People march in front of the Nigerian embassy in Washington, D.C., on Tuesday to protest the kidnapping of nearly 300 teenage girls, abducted from a school in the remote northeast of Nigeria. **MANUEL BALCE CENETA/THE ASSOCIATED PRESS**

Colorado

Pilot crashes into his former home

A pilot crashed into a home that he once owned near Denver.

Pilot Brian Veatch said that he owned the home, as indicated by property records, but said he didn't realize that's where he crashed until someone else pointed it out. He now lives about a mile away. The plane was towing a banner and was supposed to fly over a Colorado Rockies baseball game.

THE ASSOCIATED PRESS

Cape St. George

Whale still troubles N.L. community

People living in Cape St. George, N.L., aren't sure what to do with a dead whale that's settled along their shoreline.

But Mayor Peter Fenwick says letting the 12-metre sperm whale simply rot is out of the question.

Fenwick tried to sell the carcass on eBay, but the ad was taken down for violating a policy on animals and wildlife products. He says at least two people have since

expressed interest in removing the whale.

The federal Fisheries Department says it's not responsible for the whale because it's within the town's boundaries.

Fenwick says the carcass is in good shape, though it appears someone sliced through the whale's belly.

Whale rescue expert Wayne Ledwell says it could take a couple of months for the carcass to decompose once it's cut open, if the community is willing to put up with the stench.

THE CANADIAN PRESS

Global warming causing weather woes: Report

Global warming is rapidly turning America the beautiful into America the stormy, sneezy and dangerous, according to a new federal scientific report. And those shining seas? Rising and costly, the report says.

Climate change's assorted harms "are expected to become increasingly disruptive across the nation throughout this century and beyond," the National Climate Assessment concluded

Tuesday. The report emphasizes that warming and all-too-wild weather are changing daily lives, using the phrase "climate disruption" as another way of saying global warming.

But it's not too late to prevent the worst, says the 840-page report.

White House science adviser John Holdren called the report "the loudest and clearest alarm bell to date signalling

the need to take urgent action." Later this summer, the Obama administration plans to propose controversial regulations restricting gases that come from existing coal-fired power plants.

The report also says that flooding alone may cost \$325 billion by the year 2100 in one of the worst-case scenarios, with \$130 billion of that in Florida. **THE ASSOCIATED PRESS**



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China. Well-known lawyer detained as Tiananmen anniversary nears

Chinese authorities detained a well-known rights lawyer and several other people Tuesday in an apparent bid to deter activists from marking the upcoming 25th anniversary of a brutal military suppression of pro-democracy protesters.

Beijing police placed Pu Zhiqiang under criminal detention early in the morning, according to Qu Zhenhong, an associate at Pu's firm who has been in contact with his family. Pu enjoys mainstream prominence that is unusual for most dissidents, and news of his detention was circulating widely on Chinese microblogs. Despite his outspoken criticism of the government, Pu has been featured in magazines and interviewed about labour camps, against which he led high-profile campaigns.

He has represented both high-profile dissidents such

as the artist Ai Weiwei as well as the family members of Communist Party members who died in custody of the party's anti-graft investigators after being tortured.

Two of Pu's close friends, Beijing activist Hu Jia and Shanghai lawyer Si Weijiang, said the detention was likely the authorities' retaliation against Pu for attending a seminar in Beijing on Saturday to discuss the June 4, 1989, military crackdown on demonstrators in Tiananmen Square.

Pu has not been formally indicted. Beijing police had no comment.

Several other people who attended the seminar, including Beijing-based scholars Hao Jian and Xu Youyu and blogger and free speech activist Liu Di, were similarly detained Tuesday, Hu said, citing their family members.

THE ASSOCIATED PRESS

Montana

Marijuana theft may have incited shooting of exchange student

A Montana man charged with shooting a German exchange student might have been angry over an earlier alleged marijuana burglary from his garage.

An April 28 search warrant seeking a blood sample from 29-year-old Markus Kaarma says Missoula police officers found a jar of marijuana in his pantry the day of the shooting.

According to the warrant, Kaarma's girlfriend

told a neighbour that Kaarma smoked marijuana in the garage and someone had taken pot and pipes in a previous burglary.

Kaarma is charged with deliberate homicide in the April 27 death of 17-year-old Diren Dede. Prosecutors say Kaarma fired four times at an intruder in the garage.

Detectives were granted the warrant to draw blood to determine if Kaarma was impaired by alcohol or drugs at the time of the shooting.

Kaarma's attorney, Paul Ryan, didn't immediately return a phone call Tuesday seeking comment.

THE ASSOCIATED PRESS



Russian political activists Nadia Tolokonnikova, centre, and Maria Alyokhina of the Russian punk band Pussy Riot, joined Sen. Ben Cardin in seeking action to stop violations of human rights by pro-Russian militants in the Ukraine region, at the Capitol in Washington, D.C., on Tuesday. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Pussy Riot urges action from Capitol

'Putin is leading Russia to chaos.' Pair asks U.S. Congress to add 16 officials to list of human rights violators

Two members of the Russian dissident punk group Pussy Riot came to the U.S. Capitol Tuesday and asked members of Congress to add 16 officials to the list of Russian human rights violators who face U.S. sanctions.

Before a throng of cameras and reporters, the women — Nadezhda Tolokonnikova

and Maria Alyokhina — said Russian President Vladimir Putin's crackdown on human rights was damaging that country.

"Putin is not leading Russia to stability, but to complete instability and chaos," Tolokonnikova said through a translator.

The pair was arrested in 2012 after an obscenity-laced performance criticizing Putin at Moscow's main cathedral. They spent nearly two years in prison, but since their release have continued decrying the lack of freedom in Russia and harsh government tactics against opponents.

The women said Russia has resumed abusing prisoners, including using mandatory psychiatric treatment for some. They said they hoped public pressure would force the mistreatment to stop.

"Silence is the most dangerous thing for a political prisoner," said Tolokonnikova.

By law, the United States can freeze assets and ban travel to the U.S. of Russians deemed to be human rights abusers. Currently, 18 Russians are on a public list of people facing such sanctions while an unknown number of others are on a confidential list. THE ASSOCIATED PRESS

On their list

The 16 people the women want sanctioned include Vladimir Kolokoltsev, Russia's interior minister. Also on the list:

- Officials involved in prosecuting and trying people who participated in a large Moscow rally in May 2012.
- Officials at the prisons where Tolokonnikova and Alyokhina were incarcerated.

Ugandan gay activist seeks asylum

Fearing prison or even death, an openly gay activist from Uganda is seeking asylum in the United States since his home country toughened criminal punishment against gays.

John Abadallah Wambere came to the U.S. for a speaking tour in February, and Ugandan President Yoweri Museveni three days later passed the new measure that strengthened penalties against gay sex, including life in prison.

Wambere, 41, who now lives in Cambridge, Mass.,

said Tuesday, one day before his visa expires, that it was a heartbreaking decision to leave behind the gay community he has supported for over a decade and to leave his 16-year-old daughter.

"But my government is unable and unwilling to protect us from harm," Wambere said, fighting back tears.

The leader of the gay-rights group Spectrum Uganda Initiatives has been jailed, harassed and had his life threatened. And attacks upon the gay community are only increasing

since the law passed, Wambere said at a press conference.

Wambere, whose friend and fellow activist, David Kato, was killed in 2011 for being openly gay, said even people who are associated with the gay community are prosecuted.

Currently, 38 of Africa's 53 countries criminalize homosexuality. Activists estimate that hundreds of thousands of gay people live in Uganda, but that many remain under the radar for fear of prosecution.

THE ASSOCIATED PRESS



Ugandan gay-rights activist John Abadallah Wambere pauses during a news conference Tuesday in Boston. JOSH REYNOLDS/THE ASSOCIATED PRESS

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

101.3 THE BOUNCE

- 6 Avicii Hey Brother
- 5 Eminem ft Nate Ruess Headlights
- 4 Pitbull ft GRL Wild Wild Love
- 3 Demi Lovato Neon Lights
- 2 Jason Derulo ft 2 Chains Talk Dirty
- 1 John Legend All Of Me

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Monica Lewinsky, seen in this July 2001 file photo, writes about her life in this month's *Vanity Fair* magazine. In released excerpts, she says she's perhaps the first Internet scapegoat and wants to speak out on behalf of other victims of online humiliation. DARLA KHAZEI/THE ASSOCIATED PRESS FILE

'It's time to burn the beret and bury the blue dress'

Monica Lewinsky.
Former White House intern opens up on affair with Bill Clinton

Former White House intern Monica Lewinsky says there's no question her boss — Bill Clinton — "took advantage" of her when he was president.

But she says their affair was consensual and if there was any abuse involved, it came afterward, when Clinton's inner circle tried to discredit her and the president's opponents used her as a political pawn.

The former White House intern, now 40, writes about her life in the next issue of *Vanity Fair* magazine, out this month. In released excerpts, she says she's perhaps the first Internet era scapegoat and wants to speak out on behalf of other victims of online humiliation.

Lewinsky was 22 when her liaisons with Clinton began in 1995. Clinton's lies about the relationship contributed to his impeachment by the House in 1998; the Senate acquitted him.

Lewinsky writes that she

Breaking her silence

These aren't Monica Lewinsky's first public words on the scandal.

- Lewinsky broke her silence in 1999 with a blockbuster interview with Barbara Walters, gave several subsequent interviews and co-operated with author Andrew Morton on his book the same year, entitled *Monica's Story*.

deeply regrets the affair and made a point of staying silent through several presidential campaigns to avoid becoming a distraction. Now, she writes, it's time to stop "tip-toeing around my past — and other people's futures. I am determined to have a different ending to my story. I've decided, finally, to stick my head above the parapet."

Invoking her headwear from endlessly repeated TV clips and the stained garment considered as evidence against Clinton, she writes: "It's time to burn the beret and bury the blue dress."

THE ASSOCIATED PRESS

University of Utah

School's president backs changes to 'sexist' fight song

It's time for the University of Utah to consider tweaking parts of the school fight song Utah Man that some find sexist, the school's president said Monday.

Proposals to adjust such lyrics as "I'm a Utah man" and "our coeds are the fair-

est" have spiked emotions on campus.

"Utah man" could become "Utah fan," some have said, but no specific changes have officially been proposed.

The song dates back to 1904 and once contained the lyric "We drink our stein of lager and we smoke our big cigars." Officials replaced that part with the line referring to coeds.

THE ASSOCIATED PRESS

Acrobats' stunt gone wrong

Probe over, circus takes down big top, heads out of town

Investigators have completed an initial investigation into the Ringling Bros. and Barnum & Bailey circus accident that sent eight acrobats plummeting to the floor during a hair-hanging stunt Sunday and are turning over a broken clip and

other material to federal safety investigators.

Providence fire investigator Paul Doughty said they have narrowed down the cause of the broken clip to two possibilities: a manufacturing defect or improper use.

The circus has packed up and is headed for Connecticut without eight of its acrobats, who remained hospitalized in Providence.

THE ASSOCIATED PRESS

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High-pressure tactic

What the frick is fracking?

Fracking is shorthand for hydraulic fracturing, a method of extracting natural gas from unconventional sources, like shale rock formations, that were previously inaccessible through drilling methods.

The process involves drilling into the earth and injecting millions of litres of fluid — a mix of water, sand and chemicals — at a high pressure into shale rock to fracture the rock and release the gas trapped inside.

The Canadian Association of Petroleum Producers explains how it works:

- A hole, called a wellbore, is drilled vertically into the ground. Once it reaches the depth of the shale rock, up to three kilometres below the surface, the drill turns horizontally into the rock.

- Steel tubes (casing) are inserted into the wellbore and secured by cement. The casing is meant to prevent the fracking fluid from leaking and contaminating drinking water aquifers.

- Fluid is injected into the hole at a high pressure to crack the shale rock and release the natural gas into the well. The cracks extend 50 to 100 metres into the rock.

Much of the controversy lies in the potential health risks from sour gas leaks to air pollution and contamination of drinking water. A study from the Council of Canadian Academies, an independent organization of scientists and other experts, concluded there isn't enough known about the impacts of fracking to declare it safe.

There are no documented cases of groundwater con-

Health risk study

- A 2010 Endocrine Disruption Exchange study determined that more than 75 per cent of chemicals used in fracking can affect the skin, eyes, and the respiratory and digestive systems.

- The non-profit group dedicated to researching health and environmental problems caused by exposure to chemicals found about 40 to 50 per cent of the chemicals could affect the nervous system, immune system, cardiovascular system and the kidneys.

- Twenty-five per cent of the chemicals are known to cause cancer.

tamination from the fluid used in fracking in B.C. But a 2011 investigation by the U.S. Environmental Protection Agency found fracking contaminated two wells with high concentrations of benzene, a known carcinogen, in Wyoming.

Another potential risk is sour gas, which can be found in 30 per cent of the natural gas and crude oil reserves in Western Canada, according to the Canadian Association of Petroleum Producers.

When fracking occurs in sour gas zones, the risk of gas leaks can be fatal. Sour gas contains hydrogen sulphide, which is highly toxic and can kill in seconds in high concentrations. **THANDI FLETCHER/METRO IN VANCOUVER**

On the edge of the Rocky Mountains in one of Canada's most remote corners, plains are marked by deep gorges B.C.'s Peace River country, which finds itself on the verge of a liquefied natural gas boom, a projected trillion-dollar requires fracking, a practice banned in three Canadian provinces. Over three days, Metro will look in depth

THE NEW FRONTIER



Glenda Wagar and her boyfriend Pat Gerlinsky visit with two-year-old colts and fillies on their farmland in northeastern B.C. on April 29. **EMILY JACKSON/METRO IN VANCOUVER**

'Sudden failure.' Horse breeder still feeling effects of uncontrollable wellsite blast in 2009



MATT KIELTYKA
Metro in Vancouver

Glenda Wagar jolted from bed at 3 a.m. as the roar of jetting gas boomed through the frigid November air.

It smelled like rotten eggs. "There's a problem, I can't breathe," she clutched for her sleeping boyfriend.

Confused and weary, she left the safety of her home in the dead of night to investigate.

The rural landscape outside

her front door was engulfed in a thick, white fog that rolled with the countryside.

"I couldn't even see the little trees across the driveway. It was just fogged right in."

The social worker and horse breeder spent the next six hours searching her property — a quarter section of farmland, and another half section of grazing land for her 60 horses in Pouce Coupe (just south of Dawson Creek in northeast B.C.) — for broken sewer lines, while frantically trying to call neighbours and emergency responders to find out what happened.

At 9 a.m., with the unrelenting blast of "jet engines" and stench still in the air, Wagar finally learned the severity of her situation.

"A truck drove up the yard

and was honking like crazy," she recalls.

It was a local hunter who had taken his life into his own hands to warn residents they were at risk.

"He said, 'You're in the middle of a cloud. Get out, get out, get out!'"

On Nov. 22, 2009, Encana wellsite A5-7-77-14 L W6M, near Wagar's ranch, failed in sudden and spectacular fashion.

A B.C. Oil and Gas Commission investigation found that a tee section of piping developed a leak when blasted from the inside by fracture sand (used to break up shale rock formations) that should have been cleaned out after the fracking process.

"It just peeled that steel out like it was cheese," figures Pat Gerlinsky, Wagar's boyfriend.

The leak intensified for hours until 8:38 a.m., when it developed into a full-blown "sudden failure," according to the incident report.

The emergency shutoff valve closed automatically at 9:05 a.m. but was unable to stop the "uncontrollable" flow of gas because the valve was downstream from the failure point.

It wasn't until the Encana control room at Hythe, Alta., more than 60 kilometres away, received a hydrogen sulfide (also known as sour gas) alarm at 9:10 a.m. that the company's response to the incident began.

A total of 18 people were evacuated from within a 1.34-kilometre radius of the well.

Most had gotten themselves out of harm's way.

By the time the well was shut



A truck pulls out of an active wellsite in the Lochend area near Cochrane, Alta., on April 7. **MATT KIELTYKA/METRO IN VANCOUVER**

cut into the land by its snaking rivers, forests and swampy muskeg. Welcome to industry. It means jobs and loads of money. But getting the gas out of the ground at the state of fracking in Canada and the potential health implications

OF FRACKING



Wagar, who breeds horses, says the mares had fewer foals the year of the sour gas leak.
EMILY JACKSON/METRO IN VANCOUVER



Gerlinsky and Wagar walk down the road to visit their horses. Due to Wagar's health problems, she plans to sell half the herd. EMILY JACKSON/METRO IN VANCOUVER

Striking a sour note even now

"It hasn't gotten better. ... There's always a pain there." Glenda Wagar, horse breeder

at 10:45 a.m., approximately 30,000 cubic metres of natural gas containing approximately 6,200 ppm (parts per million) of potentially lethal — though the commission classified it as "low level of toxicity" — sour gas were released into the atmosphere.

Encana, through a Community Environmental Justice Forum, paid out \$250,000 in compensation to the Pouce Coupe fire department, emergency evacuation preparedness programs at Tate Creek Community Centre and Ducks Unlimited Canada

wetlands projects.

"Encana took full responsibility for the failure and deeply regrets its occurrence," said Encana spokesperson Doug McIntyre in an email to Metro. "Encana implemented a number of mitigation measures including recommendations from the B.C. Oil and Gas Commission to help prevent this type of incident from happening in the future."

But having lived through the ordeal, Wagar says her health, especially her respiratory system, has been permanently damaged. "I was coughing and my eyes were watering and I had a hard time breathing," she said.

Doctors, through X-rays and breathing tests, told Wagar her lungs are "compromised" but can't link it to the gas leak.

The dizzy spells she experien-

ces since the leak mean Wagar can't drive for long distances and that she's been unable to continue working as a social worker.

She also can't ride horses much anymore, the love of her life since she was five years old.

Time has not restored Wagar's faith in the gas industry, especially as fracking operations in northeast B.C. expand to feed the province's liquefied natural gas dreams.

"Like I told Encana, 'You should have been finding dead people,'" she said, stone-faced.

Time also does not heal all wounds. "It hasn't gotten better. The dizziness is getting worse and the pain in my chest is the same. It hasn't gotten worse or better," she said. "There's always a pain there."

Liquefied natural gas. It's a pipeline to prosperity for B.C.'s Fort St. John

The short drive from the North Peace Regional Airport to the municipality of Fort St. John, B.C. reveals much about where the wealth of the northeast of the province lies.

It's no Vegas strip, but signs welcome you to the "Energetic" north as modern new corporate offices for Shell Canada, Talisman Energy, Canadian Natural Resources, Can-Am Geomatics B.C. and the B.C. Oil and Gas Commission line the road into "B.C.'s Energy Capital."

The region has sizeable forestry and agriculture industries, but make no mistake: Peace Country is gas country.

And gas country has been good to Fort St. John, a fast growing city of approximately 21,600 people making an median family income of \$98,643.

By contrast, the median family income in Canada was \$76,511 in 2010.

Creating a community

"Ten years ago, 50 per cent of our roads were gravel with open ditches. Streetlights were pretty much non-existent and sidewalks were non-existent," said Fort St. John mayor Lori Ackerman. "We have been able to get those roads redone, and paved, curbed and guttered. We've got rec facilities. The reality is we have been working very hard to create a community where young professionals are going to enjoy life."

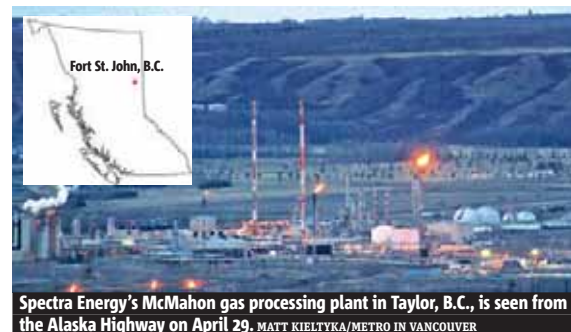
The growth, she said, has been attributable to a natural gas industry that has taken advantage of hydraulic fracturing to extract the region's abundant supply of shale gas.

More than 9,000 wells have been drilled in the province since 2005, the vast majority of them in this corner of B.C.

Representing just two per cent of the voting population, Ackerman is quick to point out the region and the oil and gas industry ("There's very little oil. I think we say oil and gas simply because it rolls off the tongue better") have been living in relative obscurity for decades.



Fort St. John Mayor Lori Ackerman discusses the anticipated boom in natural gas extraction. EMILY JACKSON/METRO IN VANCOUVER



Spectra Energy's McMahon gas processing plant in Taylor, B.C., is seen from the Alaska Highway on April 29. MATT KIELTYKA/METRO IN VANCOUVER

Striking it rich

+\$22,132

Families in the gas-powered city of Fort St. John, B.C., make \$22,132 more than the national median income.

Lucrative resource

But that changed when British Columbia Premier Christy Clark pinned the province's future on liquefied natural gas (LNG) and exporting northeast B.C.'s most lucrative resource to emerging Asian markets.

The trillion-dollar industry (a combination of gas extraction in northeast B.C. and processing and export by sea in the northwest) will create 100,000 jobs and eradicate the provincial debt, Clark promises.

David Hughes, a former geologist with the Geological Survey of Canada and current president of Global Sustainability Research, forecasts up to 50,000 new wells would have to be drilled over the next 27 years to meet the 14.6 billion cubic feet per day demands of the seven LNG export applications already approved by the National Energy Board as of January.

That would increase B.C.'s gas production to nearly 50 per cent more than what all of Canada currently produces.

Potential risks

That's grabbed the attention of not just investors, industry and government, but also environmental groups, First Nations and academics worried about the potential environmental and health risks associated with widespread fracking.

A human health assessment is underway for the Ministry of Health and documents leaked to The Canadian Press in April show B.C. Environment Ministry staff is worried methane emissions from fracking "can have a significant impact on overall emissions."

All of a sudden, all eyes are on Fort St. John.

Ackerman — who has four

children working in the oil and gas industry and says there's never been a cause for fear — doesn't know if the provincial government's claims are legitimate. She's too busy dealing with the real world.

The city is currently going through a boundary extension and the population is projected to nearly double — to 40,000 — in 10 years, regardless of whether LNG pans out or not.

Her city needs doctors, nurses, schools and amenities to keep up with the growth gas extraction and the proposed Site C hydroelectric dam will bring.

Unprecedented expansion

From coast to coast, there's a huge demand for skilled workers in this remote region east of the Rocky Mountains.

"There's going to be development. It's going to get more bustling," she said. "If we're going to take advantage of the opportunities in front of us, I think LNG has to be in consideration. I'm not sure where in this province — until our forestry gets back on its feet — we'd see any other revenue sources from."

As the industry gears up for unprecedented expansion, Ackerman believes it's advanced and responsible enough to do so without harming its neighbours. MATT KIELTYKA/METRO IN VANCOUVER

MORE IN OUR FRACKING SERIES

Thursday

- **The industry.** What's being done to keep people safe.

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Thinglink.** What is fracking?





Hoppie heads home

Hoppie, the sea lion rescued after being found at an almond orchard a mile away from any water, heads for the surf during his release back to the wild at Chimney Rock Tuesday in Point Reyes National Seashore in California. The male California sea lion pup was treated for malnutrition and skin mites at the Marine Mammal Center in Sausalito, Calif., after being found at the Mape's Ranch in Modesto on March 31. Two other sea lions were released along with Hoppie.

ERIC RISBERG/THE ASSOCIATED PRESS

Ford didn't enter U.S. last week, reports say

Whereabouts remain a mystery. Toronto mayor's lawyer asks media to take a step back and 'let the man do his rehab'

Rob Ford did not officially enter the U.S. when he flew to Chicago last week bound for rehab, reports said Tuesday, but his lawyer insisted "100 per cent" that the Toronto mayor is getting in-patient substance-abuse treatment.

Ford's whereabouts remain a mystery, and lawyer Dennis Morris said they should stay that way.

"The media should, I don't know, put things on pause a little bit," Morris said in an interview. "Let the man do his rehab. Once he gets out we can just see how it worked."

Ford left home last week after announcing he was taking a leave of absence and suspending his re-election campaign to seek "immediate" help for alcohol abuse.



Toronto Mayor Rob Ford, seen leaving his home last Thursday, did not officially enter the U.S. when he flew to Chicago last week, reports said Tuesday, but his lawyer insisted Ford is getting treatment. FRANK GUNN/THE CANADIAN PRESS

He announced the decision hours after the Globe and Mail reported that a drug dealer had shown two of its reporters video of Ford allegedly smoking what was said to be crack, reportedly recorded days earlier in his sister's basement.

The Toronto Sun also published an audio recording of Ford at a bar making anti-gay

remarks, using an ethnic slur and saying he would like to "jam" rival candidate Karen Stintz. Morris said at the time that it was not possible to know what was in the pipe seen in stills from the alleged new video.

He also said that the mayor flew to Chicago, but was not in a program in that city.

The Globe and Mail reported Tuesday that when Ford landed in Chicago he voluntarily withdrew his application to enter the country and quoted the consul general of Canada in Chicago as saying Ford "was not denied entry, per se."

Morris refused to say where Ford ended up, but said he is in a treatment facility.

"I can't comment other than saying 100 per cent," Morris said, adding that the mayor is "doing very well."

News that a video appeared to show Ford smoking crack cocaine broke nearly one year ago. When the scandal reared its head anew in November, following Ford's admission that he had smoked the drug, he said he was seeking help from a team of professionals, though did not elaborate other than to say he was exercising.

"I don't think he misled anybody at the time," Morris said Tuesday.

"But it wasn't the extensive help that he's getting now because as you saw, whatever help he received wasn't as in-patient, so now it's different."

THE CANADIAN PRESS

Auditor general's report, in brief

Auditor general Michael Ferguson delivered his spring report to Parliament Tuesday. Here are the four things you need to know.

THE CANADIAN PRESS

Overcrowding still a problem in prisons

The prison system has met its immediate need for cells, but has not figured out how to deal with the long-term problem of crowding, especially since federal law-and-order legislation promises to keep more people behind bars for longer periods. The audit says there is already overcrowding in some regions as prisoners are banded two to a cell — and the problem could get worse.

Policing in First Nations isn't measuring up

The First Nations policing system is not working as intended and some of the police services fail to meet provincial policing legislation and standards. The audit found that First Nations don't have enough say in negotiating policing agreements. The Public Safety Department doesn't know whether First Nations police facilities, such as jails, police stations and accommodations, meet fire and building codes or provincial standards.

Public pension plans need more oversight

Public-service pension plans, covering public servants, Mounties and the military, are not regularly assessed for sustainability. The audit says the Treasury Board should assume a greater role in overseeing the plans, because prolonged low interest rates, lower-than-expected returns on assets and longer life spans could end up costing taxpayers billions.

StatsCan job data not giving a clear enough picture

The country's top survey on job vacancies is too vague and doesn't provide much value to governments and other users. Statistics Canada needs to better address the needs of those outside the federal government who use its data, especially when it comes to job-vacancy data. The auditors say the agency must find better ways to deliver data on small areas and smaller populations.

Trinity Western. Christian law school taking legal action in three provinces

A Christian university in B.C. that has been under scrutiny for its policies around homosexuality is taking legal action in B.C., Ontario and Nova Scotia.

Trinity Western University says it is launching lawsuits in Ontario and Nova Scotia, where the provinces' bar associations have voted not to accredit graduates of the school.

The university says it will also apply to be added to a lawsuit in B.C., where Toronto lawyer Clayton Ruby is suing the provincial government over its decision to approve the law school.

Critics have argued the school's so-called community covenant, which forbids sex outside heterosexual marriage, will lead to discrimination against gay and lesbian students.

University president Bob Kuhn says the Ontario and Nova Scotia law societies are sending the message that religious people cannot hold on to their values and participate in society.

Kuhn notes the Supreme Court of Canada ruled in the school's favour in 2001 in a similar case related to the accreditation of its teaching graduates. **THE CANADIAN PRESS**

WestJet Airlines, Air Canada rivalry reaches new heights

Increased competition. Calgary airline could give Canada's largest carrier a run for its money if its 'value-based' global service gets off ground

WestJet Airlines says it could take its rivalry with Air Canada overseas by launching an international service using large wide-body aircraft.

The Calgary-based airline said Tuesday the new service could be in place in one-and-a-half to three-and-a-half years, if its board gives the green light. WestJet has been discussing the move with its pilots and also meeting with potential airplane lessors and manufacturers.

"So no decision made yet, but we're getting all the pieces in place to be able to make a good decision," president and CEO Gregg



Clive Beddoe, chairman and co-founder of WestJet Airlines, speaks at the company's annual general meeting of shareholders in Toronto on Tuesday. DARREN CALABRESE/THE CANADIAN PRESS

Saretsky said during a conference call to discuss its first-quarter results, which saw a lower profit.

WestJet is already getting into the European market by launching service next month to Dublin from St. John's, N.L., using its narrow-

body Boeing 737 aircraft. It said demand is so strong the seasonal service will be extended by about three weeks to Oct. 25.

"All of that gives us great confidence that there is strong demand for a value-based international product

that WestJet is looking to pursue," Saretsky said before the airline's annual meeting in Toronto.

He declined to say how many large planes could be added to its fleet, or which destinations could be served. **THE CANADIAN PRESS**

Going out of business. After 35 years clothier Jacob files for bankruptcy

Women's clothing retailer Jacob Inc. has filed for bankruptcy and will be liquidating inventory at all 92 of its stores across Canada in the coming weeks.

The Montreal-based company has been under creditor protection since November 2010 and underwent operational restructuring. But the company says it was unable to make the business profitable or to find new financiers.

In a release issued on Tuesday, the company cited the challenging economy plus the influx of new international retailers to the Canadian marketplace among the factors leading to the company's inability to overcome its financial challenges.

"Although we did not achieve the desired result, I am proud of the passion and dedication that the Jacob team showcased over these past few years while trying to bring the company back to financial health," president and founder Joey Basmaji said



A man walks by a Jacob clothing store in Montreal on Tuesday. **THE CANADIAN PRESS**

in a statement.

"I would like to sincerely thank each employee and business partner that contributed to our success during these 35 wonderful years. I hope that the remaining Canadian retailers will get through these difficult economic times."

THE CANADIAN PRESS

No peace in patent war

When a jury ordered Samsung to pay Apple \$119 million US for copying features of the iPhone, it was the latest chapter in the worldwide legal fight between the top two smartphone companies.

Friday's damage award was far less than the \$2.2 billion Apple demanded and the \$930 million a previous jury ordered Samsung to pay after an earlier patent trial involving older-generation products. The jury also trimmed \$158,000 from the latest award after finding Apple infringed one of Samsung's patents in making the iPhone line.

Both companies have filed

lawsuits and other legal actions in Germany, England, France, South Korea, Japan, the Netherlands, Australia and elsewhere with mixed results.

Although U.S. District Judge Lucy Koh in San Jose urged the companies to settle their differences, a settlement conference in February ended without an agreement and no end in litigation is in sight.

So who's winning?

It depends on the definition of victory. Samsung Electronics Co. has surpassed Apple Inc. as the top smartphone maker on the planet. Samsung has captured 31 per cent of the

\$330 billion worldwide market compared with Apple's 15.6 per cent.

What's next?

Each company will ask the judge in San Jose to ban sales of the devices found to infringe the other's patents. Legal experts said those arguments are likely to fail because lawyers have to prove consumers, for instance, purchased iPhones solely because of the Samsung photo organizational patent. Apple lawyers will have to prove that consumers who purchased Samsung devices did so because of the "slide-to-unlock" feature. **THE ASSOCIATED PRESS**



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THE VILLAGE SHOPS
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Kids these days

The 'nutritionally aware' generation

Subway is testing hummus and thinner slices of deli meats that look more appealing as it looks to keep pace with changing eating trends.

The test may appeal to millennials, who are more "nutritionally aware" than any other past generation, said a Subway executive.

THE ASSOCIATED PRESS

Pet food

Nestlé has a dog in this legal fight

Nestlé Purina PetCare Co. filed suit Tuesday against Blue Buffalo Co. Ltd., accusing its competitor of misleading consumers about the ingredients in its dog and cat foods.

The lawsuit accuses Blue Buffalo of false advertising, disparagement and unjust enrichment.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.92¢ (+0.61¢)

TSX
14,612.29 (-84.74)

OIL
\$99.50 US (+\$0.02)

GOLD
\$1,308.60 US (-\$0.70)

Natural gas: \$4.79 US (+\$0.09)
Dow Jones: 16,401.02 (-129.53)

CINCO DE MAYO, LOS BANDITOS & LIME

One of the funniest classic Monty Python sketches features legendary 18th century highwayman Dennis Moore accosting a stage coach and demanding that the occupants "Hand over all the lupins you've got!"

"Lupins?" asks the puzzled victim. "You mean the flower, lupin?"

"Yes, lupins. Come on, come on."

"Well, we haven't got any lupins."

It goes on. Laugh if you will, but truth is stranger than fiction.

Mexican drug cartels are muscling in on the fruit crop — limes, in particular.

Yes, limes, the little green citrus fruit. Turns out Mexico is the world's leading exporter of limes.

Drug cartels, finding it increasingly difficult to get drugs across the U.S. border, are running extortion rackets on lime growers, threatening dire consequences like burning down the farm unless the growers fork over a percent-



JUST SAYIN'
Paul Sullivan
metronews.ca

age of their crop.

The crop was already suffering the effects of a rough winter, even by Mexican standards. One cartel, the so-called Knights Templar, based in the Michoacan, the main lime-producing centre of Mexico, saw an opportunity to profit from the shortage and squeeze the farmers, and their limes, dry.

This dastardly lime crime comes at a bad time: Cinco de Mayo. Limes are an essential compañero to a full array of celebration beverages: mojitos, margaritas and, of course, the ever-popular cerveza.

Back in January, limes sold for an average \$22 US per case. Since the desperadoes got involved, the price has skyrocketed to \$100 US a case, and as much as \$1.54 per lime (in Calgary). Airlines have removed limes from the menu, substituting lemons instead.

So far, no one has demanded that we hand over our lemons.

Really, it's only a matter of time. The cartels are already starting to move into the avocado market. Holy guacamole, Batman!

It was bad enough when these banditos were exploiting human misery and addiction, but now that they are having an impact on our very guacamole, they've gone too far. Call in the GEA (the Guacamole Enforcement Agency)!

You can imagine what's going on in Hollywood right now. Screenwriters and directors are huddling over beer and lemons, pitching concepts featuring supermodels who track down lime bandits and cross the border to recover the contraband fruit shipments and restore them to their rightful owners.

Meanwhile, in the "real" world, lime farmers have actually formed vigilante groups to fight back against the cartels. Fearing further Cinco de Mayhem, the Mexican military has moved in, demanding that the vigilante groups dissolve by El Decimo de Mayo. Talk about a Mexican standoff.

Enjoy that dip while you can, amigo, and pray the guacamole bandits don't go after our lupins.

ZOOM

Turns out it was just a reflector



Fast-changing lighting made this photograph a challenging one to capture. "With the late afternoon sun, the whole area was changing in appearance minute-by-minute," said photographer Darrell Staggs. Staggs used a glare-reducing polarizing filter "to capture the full reflection of the canyon wall, but also retain the 'shadow' reflection of the hiker." PETER MACDIARMID/GETTY IMAGES

A real cliffhanger ... actually it's a fake one

This image seems to show a hiker teetering on a cliff's edge, but a closer inspection reveals that it's a pool of water acting as a perfect mirror for canyon walls.

The optical-illusion picture, taken in Glen Canyon in Utah, is a winning entry in this year's Share the Experience photo contest, which celebrates America's national parks in pictures.

METRO

But what is real, anyway?

Staggs, who now specializes in optical-illusion photography, hopes that viewers will appreciate how "the contradictions in the image begin to give way to the truth of the reflection," and thus see the picture's artistic side.

"This is how a photograph can transition into art — a photo to look at, and art to think about."

METRO

Photog's view



"Even though I've looked at it countless times, the picture remains an elusive illusion. It's difficult to discern what is really happening there."

Darrell Staggs, 50, chemical engineer & amateur photographer from Mooresville, Ind.

Darrell Staggs, 50, chemical engineer & amateur photographer from Mooresville, Ind.

METRO AUGMENTED REALITY

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MetroTube

Japan comes by its eccentricity honestly



ANDREW FIFIELD
metronews.ca

If you're anything like us, you've spent a lot of time wondering how the Japanese manage to come up with an endless parade of curious, absurd, amazing, helpful and awe-inspiring ideas. Cat cafés. Love hotels. The world's most robust vending-machine shopping. How do they conceive of it all?

Well, as suggested by this lesson in Nakizumo — a rite-of-spring crying contest involving babies and gently antagonistic sumo wrestlers — the Japanese have a centuries-old tradition of esoteric cultural development that has paved the way for the



wonderfully one-of-a-kind place it is today.
(Via Ronin Dave on YouTube)

Films to whet your appetite

Foodie movies. A new film starring Jon Favreau may offer some tantalizing food scenes, but it's not Hollywood's only foray into the kitchen



IN FOCUS
Richard Crouse
scene@metronews.ca

Chefs are the Food Network's stock in trade. From Bobby Flay to Giada De Laurentiis, and Iron Chef to Top Chef, the delicious channel has created a cult of celebrity around the people who make our food.

A new film, *Chef*, takes a celebrity, actor Jon Favreau, and casts him as a restaurateur who has lost his way and desperately wants to reclaim his cooking cred.

In the film, he plays Carl Casper, a Los Angeles chef who hightails it to his Miami hometown when his fancy restaurant gets a scathing review from an online food critic (Oliver Platt). There he buys El Jefe Cubanos, a food truck he plans on driving across the country with his son (Emjay Anthony).

High on food porn — there's even a shrimp scam-pi seduction scene — and Cuban sandwich recipes, *Chef* is a movie that may whet audience appetites for other movies about the people that make our food.

In *The Big Night*, Stanley Tucci plays Secondo, owner of an Italian restaurant



Jon Favreau (left) stars in *Chef*. CONTRIBUTED

called Paradise. The place is slowly going broke but may get a boost from a visit by singer Louis Prima. If Prima shows up, the restaurant will have a big night and be saved from bankruptcy.

It's not only one of the greatest food movies ever made (you'll want to go for risotto afterward) but it also features what Rolling Stone's Peter Travers called "an unforgettable acting duet" between Tucci and

Tony Shalhoub, who plays his temperamental chef brother, "that is as richly authentic as the food."

Ratatouille takes a different approach. An unusual cross between America's *Next Top Chef* and *Willard*, the Pixar movie does something no other film has been able to (not that a lot have tried): It makes rats cute. Lovable, even.

The story of a cooking rat is chef and TV presenter

Anthony Bourdain's favourite food film. "They got the food, the reactions to food, and tiny details to food really right," said *The Taste* host, "down to the barely noticeable pink burns on one of the character's forearms. I really thought it captured a passionate love of food in a way that very few other films have."

Real chefs are featured in the documentary *Spinning Plates*. Weaving together

three stories from a trio of very different restaurateurs, the film shows the personal and professional side of the food biz as well as the connection to the community that's so important for success.

It cuts through the Food Network's simplistic food-family-and-feelings approach with a tagline that sums up its philosophy: "It's not what you cook. It's why."

Nick Offerman

Actor joins A Walk in the Woods

The actor known for playing Ron Swanson on *Parks and Recreation* has just joined the cast of the indie film adapted from Bill Bryson's iconic book, *The Walk*, reports *TheWrap.com*.

Nick Offerman will join Emma Thompson and Kristen Schaal in the supporting cast of *A Walk in the Woods*. Robert Redford and Nick Nolte will co-star as Bill Bryson and his hiking companion.

THE ASSOCIATED PRESS



Sally Field, after more than three decades of winning her first Oscar, got a star on Hollywood's Walk of Fame. GETTY IMAGES

Sally Field. A (Walk of Fame) star is born

Oscar-winning actress Sally Field finally got a star on Hollywood's storied Walk of Fame on Monday, more than three decades after she earned her first Academy Award.

The 67-year-old joked about her roller-coaster career spanning five decades, including her Oscar-winning performances in 1979's *Norma Rae* and 1984's *Places in the Heart*.

"I've ridden the highs, and tried to learn from the lows," she said on Hollywood Boulevard, where her star is the 2,524th on the famous stretch of sidewalk perused by mil-

lions of tourists every year, at the heart of Tinseltown.

At her star-unveiling ceremony Field said, "I've worked my whole life, and feel the many miles I have accumulated in this saddle. And I can tell you ... in these last 50 years I have not ever, not once, considered changing my mind."

Field, who was nominated for an Oscar last year for Steven Spielberg's historical drama *Lincoln*, appears in *The Amazing Spider-Man 2*, which has just topped the North American box office on its debut weekend. THE ASSOCIATED PRESS

2 SCENE



Kate Hudson

How to lose a friend in a few years (if you're Kate): become 'not a nice person'

Former BFFs Kate Hudson and Jessica Alba are reportedly not the friends they once were, and it's all due to Hudson's change in attitude when she started seeing Muse front man Matt Bellamy, according to Radar Online. "It made Kate believe she is rock 'n' roll royalty and the next Gwyneth Paltrow," a source says. "Kate

has wrecked the friendship, and Jessica pins the start of their troubles to the beginning of Kate's relationship with Matt a few years ago. Unfortunately, Kate has become not a nice person since she's been with Matt. It's sad, but Kate and Jessica's friendship is completely done. They used to be so close, too."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ansel plays Shailene's bro in one film, lover in another

MELINDA TAUB
Metro World News

Usually, movie stars gush to the press that they can't believe how amazing their co-stars were. But Shailene Woodley, star of *The Fault in Our Stars*, is going around telling the press that she can't believe Ansel Elgort was cast at all.

It's not as mean as it sounds. Woodley, who plays a terminally ill teen in *The Fault in Our Stars*, also starred in the recent dystopian thriller *Divergent*.



In that film, Elgort played her brother, so Woodley was certain that their onscreen siblinghood would keep him from playing her love interest in *TFIOS*: the dreamy Augustus Waters.

But Woodley says Elgort's just that good. "Everybody in the room was sort of like, 'Wow,'" she said.

But it's going to make the next *Divergent* movie a little weird to watch. I'll keep expecting Tris to make out with her brother.



Megan Fox ALL PHOTOS GETTY IMAGES

Pregnant Megan Fox was 'constantly on the verge of vomiting' on TMNT set

Megan Fox admits that both her pregnancies with husband Brian Austin Green were complete surprises. "We can't let Brian near me anymore," she joked to Ellen DeGeneres during an interview. Joking aside, a pregnancy coming out of nowhere can be a bit stressful, especially if you're just starting production on *Teenage Mutant Ninja Turtles*, as Fox was. "It's an action

movie and requires a lot of running and jumping and stunts. Anyone that's been pregnant knows your first trimester can be pretty rough and you're nauseous all day long," she says. "The producers would come see me in the morning in the makeup trailer and I would be clinging to a box of saltines. We kept pickles in the refrigerator for me, and I was constantly on the verge of vomiting."



Gwyneth Paltrow

And it was all mellow: Chris and Gwyneth continue to pal around

For a husband and wife who are "consciously uncoupling," Gwyneth Paltrow and Chris Martin seem pretty cool about hanging out together, according to *People* magazine. Last month, they joined forces for son Moses' 8th birthday — and this was after heading to the Bahamas for a family vacation following the announcement they were splitting up. And now they've been seen together again during a group dinner at Il Ristorante de Giorgio Baldi in Santa Monica, Calif., where sources spotted them smiling and laughing.

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Twitter



@ChloeGMoretz
btw, i was 100% the shortest girl at the #MetGala



@EmmaBunton
It's my gorgeous little boys 3rd birthday, time is going too fast!



@justinbieber
Smiling everyday.

Deserts and mountains and vineyards, oh my!

The Okanagan Valley.

Want to forget this brutal winter? This spring, take a trip through some of the nicest wine country in Canada

DOUGLAS
PATON

life@metronews.ca

There's something almost surreal about the view.

The snow-frosted mountain contrast starkly with the 20-plus-degree temperatures, blue skies and the cherry blossoms that surround you on the valley floor. But, from your vantage point, sitting on a winery patio with a glass of wine, and enjoying the weather in short sleeves and flip-flops, it's just what you need to shake off the winter blues from a season that felt like it was ushering in a new ice age.

Nestled between the Monashee Mountain range to the east and the Cascade Mountains to the west, British Columbia's Okanagan Valley is one of those places that makes Canada a truly unique country.

With summertime temperatures that push into the 40s, without even a hint of humidity, and winters that usually only drop below zero long enough to harvest icewine grapes, the Okanagan has become one of the best wine producing regions in Canada.

For those looking to spend a long weekend jump-starting the summer, and who want a chance to experience what the



These views will have you Kelowna-formia dreaming. CONTRIBUTED/TOURISM BC

wineries of the Okanagan Valley have to offer, there is no better time to visit than during the Spring Wine Festival, which runs until May 11.

For many of the wineries in the Okanagan, the festival, currently in its 20th year, is the perfect way to usher in the first crop of tourists for the year and to show off their new vintages. Many wineries host wonderful events ranging from food and wine pairings to grand soirées and it's possible to plan an entire weekend around those events.

For those who want a more self-guided tour, perhaps the single hardest decision you'll

make all weekend is where to start. After all, there are over 200 award-winning wineries in the Okanagan, and you do only have three days.

Perhaps the best piece of advice I can offer is to find a central location and work from there. You're never really more than a hour's drive away from any one part of the Okanagan Valley, but the more centrally located you are, the less driving you have to do and the more wine you can enjoy.

Located approximately 60 kilometres to the south of the Kelowna airport, the town of Summerland offers up the perfect central location and the 14

wineries of the Summerland's Bottleneck Drive provide a fantastic sampling of what you can expect from the Valley, everything from award-winning sparkling wines to small-batch wines that sell out almost as soon as they're offered up for sale.

Like many places in the Okanagan, Summerland is not only about the wine. The Kettle Valley Steam Railway offers a scenic tour through vineyards, orchards and gulches and, for the hikers, you can't beat the view from the top of Giant's Head Mountain, almost smack dab in the middle of town.

Heading south from Sum-

If you go...

- The Spring Wine Festival. Runs May 1-11 thewinefestivals.com.
- Summerland's Bottleneck Drive. bottleneck-drive.com.
- Kettle Valley Steam Railway. kettlevalleyrail.org.
- BC VQA Wine Information Centre. penticton-wineinfo.com.
- Oliver-Osoyoos Winery Association. oliverosoy-oos.com.

merland takes you past the wine country B.C. VQA Wine Information Centre in Penticton — which sells wine from many B.C. wineries and can help you plan out your route — through Oliver's Golden Mile and down into Canada's only desert region. The heat from the Northern tip of the Sonoran Desert helps the winemakers from the Oliver-Osoyoos Winery Association grow bold red wines.

Like all good things, every visit to the Okanagan must come to an end and, if you're like most people, you'll probably find yourself thinking, "I really wish I'd bought just one more bottle of wine to share with my friends back home." Rest assured, the Kelowna Airport has you covered with the only wine shop located beyond security in Canada. And, yes, you can take any wine you buy at the airport wine shop on the plane with you.

3
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Bucket List



Sailing on the Bosphorus

All the great waterways of the world have their enclaves of amazing homes. But when it comes to the wooden Ottoman waterfront mansions that line the infamous Bosphorus Strait, separating the European and Asian sides of Istanbul, Turkey, you're in for some prime sail-by gawking. These "yali" are generally secondary "beach" houses, built between the late 1690s and the early 1900s by wealthy families of the region. On the rare occasion when one goes on the market, the ticket price ranges an astronomical \$85 million to \$200 million, with the reasoning being, according to a tour guide, that "there are many houses to buy in this world, but only one Bosphorus."

DOUG WALLACE/METRO

Authentic travel. Want to get a true taste of local culture? Here are some tips for stepping off the tourist track



ON THE MOVE
Loren Christie
life@metronews.ca

Having an experience that feels authentic to the destination is often a highlight of any holiday. But how does a tourist find those secret spots and have interactions that make them feel less like an outsider?

Book alternative accommodation. Instead of a hotel, stay somewhere that's off the tourist track, consider a bed and breakfast, check into a university residence (during the summer months) or rent a house in a residential neighbourhood.

You will be more exposed to the rhythms of everyday life taking out the garbage,

chatting with the neighbours or shopping at the local grocery store.

Avoid the usual suspects. Ask a shopkeeper, waiter or stranger on the street where their favourite neighbourhood haunt is, whether it's a café, bar or restaurant.

Clarify that you are willing to travel and not necessarily looking for something close by. Don't ask the hotel concierge as they are often trained to send you to places designed to serve tourists.

Pick up a local entertainment paper and search the current listings for exhibits, clubs or concerts.

Do something on vacation that you would normally reserve for home. Go ahead and cheat on your stylist and get a haircut at that 1950s era barbershop on the corner, work out at the local gym or go to a church service. Watching people worship is an intimate cultural experience that can give great insight into a destination. Confirm in advance that you are welcome to participate, either actively or from the sidelines.

Also ensure that you are dressed appropriately; the last thing you want to do is offend someone.

Find your tribe. If you have a hobby that you love, whether it's knitting, books or cycling, try and hook up with like-minded locals. Research your destination for clubs, enthusiasts' groups or the local hangout. It's not only a great way to see a new destination, but meeting people who share common interests increases your chances of a striking up a conversation, which could lead to other tips, advice and discoveries.

Take it online. Many the trip-sharing advice sites like TripAdvisor.com are useful in helping you find those hidden gems.

Follow the Twitter handle of the city that you're visiting for updates on local events or download one of the numerous apps that offer insider opportunities.

EatWith, for example, connects travellers interested in a home-cooked meal with a host willing to welcome them in to their private dining room.



Connect with your tribe when abroad: Find people who share your interests — like cycling. iStock

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How-to



Jazz up your travel experience

1. You don't have to sleep at the fancy hotels to enjoy them. Pop by for a drink at the bar before you head out for dinner.
2. Ditto brunch (such as at Cecconi's Miami Beach, above). Or even better, high tea.
3. Triple ditto if the posh hotel has a nightclub that's on the DJ circuit.
4. Some hotels will let you hang out at their pool for the day for a small fee, especially in areas with a high density of tourists.

5. Swank hotel lobbies make for excellent people-watching — and that's free.
DOUG WALLACE/METRO

Trend



CONTRIBUTED/EDEN ROC

Canadian women travel more

Chalk another one up for the importance of "me time." A new survey from hotel-finding giant Booking.com reports that Canadian women travel solo more often than women in any other country except Australia, with whom they are tied. A whopping 76 per cent said they have headed to the airport alone before. Escaping their daily lives tops the lists of reasons respondents gave (at 62 per cent), with spa holidays, beach escapes and shopping trips voted as the preferred travel themes.

DOUG WALLACE/METRO

Deal



Aeroplan hooks up with Shop.ca

Aeroplan announced last week it has signed a deal with Shop.ca that will allow Aeroplan members to earn travel miles on purchases they make at the popular online marketplace. Perks include free shipping and returns — and for a limited time, Aeroplan members can earn 15 miles for every dollar they spend on their first purchase at Shop.ca. Keep an eye out for the regular special deals that will inevitably ensue.

DOUG WALLACE/METRO

Egypt. Officials hope replica King Tut tomb will spur on dwindling tourism

Egypt on Wednesday inaugurated an exact replica of the tomb of King Tutankhamun in the desert valley where many of its ancient pharaohs were buried, aiming to protect the 3,300-year-old original from deterioration caused by visiting tourists.

The facsimile, in an underground chamber not far from the original in the Valley of the Kings, recreates the tomb down to minute detail. Spanish and Swiss experts recreated the elaborate wall murals using a 3D scanning technology. In the middle of the burial chamber stands a rectangular rock setting where in the original King Tut's sarcophagus and mummy once rested.

In a hall between the burial chamber and an antechamber hang photos and explanations of the discovery of the tomb and its treasures in 1922 by British archaeologist Howard Carter.

Egyptian tourism officials, who unveiled the replica Wednesday alongside foreign dignitaries, are hoping the exhibit will help revive a tourism



Tourists visit Luxor Temple. THE ASSOCIATED PRESS

industry that has been heavily battered by the country's unrest since the 2011 uprising that toppled autocrat Hosni Mubarak.

A pillar of the Egyptian economy, tourism plunged by more than 30 per cent in 2011 and, after slowly building back the following year, was heavily hit again by a wave of violence surrounding the military's ouster last summer of Islamist President Mohammed Morsi. Tourism officials have said rev-

enues in the first three months of this year fell 43 per cent from the same period in 2013, down to around \$1.3 billion.

The 18th Dynasty King Tut has long been a major draw of tourists to Egypt — both his tomb in the Valley of the Kings on the western bank of the Nile opposite the southern city of Luxor, and the golden treasures uncovered in it, most of which are now in the Egyptian Museum in Cairo.

THE ASSOCIATED PRESS

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Grilling made fancy: Pesto Salmon

Quick dinner. This dish is easy enough for a weeknight meal and sophisticated enough for a entertaining guests



DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for a fast dinner for the week that can double

Ingredients

Pesto

- 2 tbsp (30 ml) light mayonnaise
- 2 tbsp (30 ml) chopped fresh Italian parsley
- 1 tbsp (15 ml) store-bought basil or sundried tomato pesto or Dijon mustard
- Pinch freshly ground black pepper and salt

- 4 boneless salmon fillets, skin on (about 600 g total weight)

Grilled Asparagus

- 1 lb (454 g) asparagus spears
- 1 tsp (5 l) extra-virgin olive oil
- 1/4 tsp (1 ml) black pepper
- 2 tbsp (30 ml) fresh lemon juice
- Lemon wedges

for a fun weekend get together?

This is the one.

Salmon is so fast and easy to grill up and enjoy during the week, but also a great meal to share with friends.

This simple but elegant supper also uses fresh in-season asparagus to showcase great colour, texture and crispness right off the grill.

With a hint of lemon, it's the perfect accent to the salmon. Steam up your favourite fragrant rice to round out your plate or better yet,

FLASH FOOD



From your fridge to your table in 30 minutes or less

change it up and serve it all over a bed of greens.

Get your grill ready and try out this inspiring recipe to get you in the mood for summer.

1. In small bowl, whisk together mayonnaise, parsley, pesto, pepper and salt. Spread the pesto evenly over top of salmon; set aside.

2. Grilled Asparagus: Snap tough ends of asparagus off and discard. Toss spears with oil and pepper.

3. Place fillets and asparagus on greased grill over medium-high heat. Close lid; cook 10 minutes or until fish flakes easily when tested with a fork and asparagus is tender crisp. Drizzle asparagus with lemon juice.



START TO FINISH ABOUT 15 MINUTES

This recipe makes six servings. EMILY RICHARDS

Bringing up bigger bucks to the boss

You raise me up? If the amount you're getting paid doesn't quite make cents to you, it may be time to mention it to upper management

RIANA TOPAN
TalentEgg.ca

Settling into your first "real" job can take some time —there's a steep learning curve while you adjust to the ways of the work-world.

As an entry-level worker, one of the more difficult lessons that you'll need to learn is about how to manage your salary expectations.

Your worth as an employee is based on many factors: your level of responsibility, work experience, level of education, skill set and accomplishments, any awards or extra credentials you've earned and the contributions you make to the overall success of the company.

Your salary will also usually be determined, at least in part, by the industry you work in, your location and your employment benefits (if any).

So how are you to know what you should be earning?

Do your homework

Research similar positions, within similar industries and in similar geographic areas, to determine the average pay for the kind of work you do.

Pay close attention to job



A fair salary should reflect your value at your workplace.

ISTOCK

descriptions — the salaries you research should be for positions with duties and a level of responsibility akin to yours —

and keep track of the market data you collect to use later in your negotiations. Certain websites, like PayScale.com, are a

good starting point because they provide average salaries for a range of positions and industries.

Ask for a (timely) meeting

If possible, find out when your employer does salary reviews or makes budget decisions and ask for a meeting to discuss your professional goals a few months prior.

If this isn't possible, you can still increase your chances of success by scheduling the meeting after you've done something well or during a relatively low-stress period.

If things are particularly busy, focus on doing excellent, dependable work instead of agitating for a raise — this contribution will be valuable later.

State your case

You're finally ready to have "the talk." Tell your employer that you asked for this meeting to discuss your compensation because you believe you deserve a raise.

Share the research you've done about typical salary ranges for comparable positions and talk about your strong performance so far and how you bring value to your position.

Be respectful but confident. Emphasize that you look forward to continuing to grow with the organization. Explain why you have earned a raise, not why you need one.

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NBA playoffs

Heat solve Nets to remain perfect in post-season

Turns out, the Miami Heat can beat the Brooklyn Nets.

And rest hardly led to rust for the two-time defending NBA champions.

LeBron James scored 22 points, Ray Allen added 19 and the Heat stayed perfect in this post-season by beating the Nets 107-86 on Tuesday night in Game 1 of an Eastern Conference semifinal series. It was the first win for Miami in five meetings with Brooklyn this season.

Game 2 of the best-of-seven series is Thursday night. **THE ASSOCIATED PRESS**

Tennis

Raonic coasts to victory in Madrid

Canada's Milos Raonic won his opening match at the Madrid Open on Tuesday, defeating Jeremy Chardy of France 6-3, 6-3.

Raonic fired 11 aces and did not commit double-fault. **THE ASSOCIATED PRESS**



Milos Raonic plays a forehand against Jeremy Chardy on Tuesday in Madrid, Spain.

CLIVE BRUNSKILL/GETTY IMAGES



The Bruins' Patrice Bergeron crashes to the ice after he is hit by Canadiens defenceman Douglas Murray on Tuesday night in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Bruins lose their footing in Game 3

NHL playoffs. Despite being outplayed for much of the contest, Habs hold off rivals and take 2-1 series lead

P.K. Subban is having a series to remember for the Montreal Canadiens.

Subban, Dale Weise and Lars Eller each had a goal and an assist and Carey Price made 26 saves as the Canadiens downed the Boston Bruins 4-2 on Tuesday night to take

Game 3

4

Canadiens

2

Bruins

the lead in their NHL Eastern Conference semifinal playoff series.

Montreal leads the best-of-seven series 2-1 with Game 4 slated for Thursday night at the Bell Centre.

Subban, the 2013 Norris

trophy winner as the NHL's top defenceman, has two points in each of the three games this series and 11 points in seven playoff games so far.

"We're playing well as a team," said Subban. "I'm just the beneficiary of the guys playing well around me, supporting me."

"It starts in goal. Well, it actually starts with our coaching staff and making sure everybody is feeling confident. We're doing it together. It starts with Pricey. From our defence to our forwards. We're sticking together. When we had adversity, we're stick-

ing together doing the right things.

"It's fun to play on teams where you know guys are going to support you."

Tomas Plekanec also scored for Montreal, which was outplayed for long stretches but made the most of quick-strike attacks.

Patrice Bergeron and Andrej Meszaros scored for the Bruins, who outshot Montreal 28-26.

For the third straight game in the series, the Canadiens held a 3-1 lead in the third period but, for the first time, didn't let it completely slip away. **THE CANADIAN PRESS**

Wild's third-period explosion downs Hawks



Zach Parise of the Wild looks for his shot against the Blackhawks' Niklas Hjalmarsson in St. Paul, Minn., on Tuesday night. HANNAH FOSLIEN/GETTY IMAGES

Erik Haula and Mikael Granlund scored goals less than three minutes apart early in the third period, and the Minnesota Wild recovered from a sluggish start for a 4-0 victory over the Chicago Blackhawks on Tuesday in Game 3 of the Western Conference semifinal series.

Ilya Bryzgalov made 19 saves for his first shutout in the playoffs in eight years, and the Blackhawks had their lead whittled to 2-1 with their first loss in 2 1/2 weeks.

Zach Parise put the exclaim-

Game 3

4

Wild

0

Blackhawks

ation point on the win with a power-play goal, the first in 25 chances for the Wild over their last two playoff series against the Blackhawks. Then Granlund tacked on an empty-

netter with 1:17 left.

Game 4 is Friday in Minnesota.

Corey Crawford stopped only 14 shots for the Blackhawks, who dropped their first two games to St. Louis in the last round before winning four in a row. Since losing to the Blues on April 19, they took the lead in all six games and outscored their opponents 23-9.

The announced attendance of 19,416 was the most in Wild franchise history.

THE ASSOCIATED PRESS

4 SPORTS



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2015 Subaru WRX STI

- **Type.** Four-door, all-wheel drive compact sedan
- **Engines (hp).** 2.5-litre DOHC horizontally opposed four-cylinder, turbocharged (305)
- **Transmissions.** Six-speed manual
- **Base price (incl. destination).** \$40,000

Market position

The STI exists in an ultra-exclusive rally-race niche bracket where the only direct competitor is the Mitsubishi Evolution. And that model's upcoming retirement leaves only hot hatchbacks to compete against.

Points

- Redesign results in the most attractive STI yet
- No change in base engine, but with 305 horses there's no urgent need for any improvement
- Six-speed manual is the only transmission. Perhaps it's time for an automated manual option
- No more Mitsubishi Evo after 2014 is sad news for fans of this genre, but give



The STI's rear wing is an iconic badge of honour for any Subie fan.

the STI free reign

Safety

Front airbags; side-impact airbags; side-curtain airbags; driver's knee airbag; anti-lock brakes; traction control; stability control.

A ride on Subaru's wilder side

Review. With beefed-up suspension components, this rally-racer-inspired model means business

MALCOLM GUNN
wheelbasemedia.com

The WRX STI's continued existence confirms that Subaru's somewhat conservative image is at least partly a myth.

The rally-racer-inspired model is an integral member of the automaker's performance lineup that includes the lower-echelon WRX and the BRZ sport coupe.

The redesigned sedan is more stylish, punctuated by the new grille, a hood with functional scoop, and flared fenders that integrate more smoothly with the rest of the body. The WRX STI and its tamer WRX sibling will no longer also be offered as hatchbacks.

Of course the STI still has an available rear wing that doesn't serve any real purpose in everyday driving, but it's an iconic badge of honour for any Subie enthusiast and provides some necessary downforce for



owners who occasionally venture forth on the racetrack.

The new model is only slightly longer and wider than the previous version and adds three centimetres between the front and rear wheels and five more centimetres of rear-seat legroom. The car weighs about

five kilograms less than before.

Subaru has focused on handling and agility improvements for the STI with a stiffer chassis and faster-acting power steering. As well, the suspension components and the Brembo-brand brakes have been beefed up.

Left untouched is the STI's turbocharged 2.5-litre four-cylinder engine that makes 305 horsepower and 290 pound-feet of torque. Fuel consumption, at 12.3 l/100 km in the city and 8.6 on the highway, is slightly better than before.

Compare



- 1 Mitsubishi Evolution**
Base price: \$43,600
Fast, but dated Lancer-based rally machine will sadly be missed.



- 2 Nissan Juke Nismo RS**
Base price: \$30,000
Fun and funky small hatch is plenty peppy with 215 horses to play with.



- 3 Mini Paceman JCW**
Base price: \$41,200
Sporty all-wheel drive mode looks good and puts out 207 horsepower.

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Go Further



The new Ford F-150 will be the first production pickup truck to use LED headlights. JIL MCINTOSH

Ford F-150 serves up futuristic twist on headlights

Light-emitting diodes.

New LED lights not only energy-efficient but also long-lasting

JIL
MCINTOSH
drive@metronews.ca

Back when cars were first developed, they used gas lanterns, or sometimes even candles, to light their way along dark roads. Today's vehicles need bright headlights so drivers can see and be seen, but these lamps also need to be long-lasting and energy-efficient.

When Ford launches its all-new F-150 later this year, it will be the first production pickup truck to use LED headlights, one of the newest developments in headlight technology. The name is short for light-emitting diodes.

"It is creating light through electronic means," says Mahendra Dassanayake, senior technical leader for opto-electronics at Ford. "You can customize it to help with vision."

Incandescent and halogen headlights contain a filament that gets hot enough to emit light. High-intensity discharge (HID) headlights, also called xenon lights, use an electrical arc between two tungsten electrodes to heat up vapour inside the lamp, creating light.

LED lights use semiconductor chips to produce light. On Ford's lamps, the chips emit blue light, which is filtered through a phosphor material to make it appear white. A unique lens, cut with 16 optical surfaces and 80 facets, magnifies the light and spreads it evenly, so only one LED is required for each lamp.

The semiconductor chips heat up to about 50 degrees Celsius, so they're used with an integrated heat sink, a channelled holder that dissipates heat. The lens itself

All about LEDs

- LED headlamps are relatively expensive, but they're expected to last more than five times longer than halogen headlamps.
- LED lights are already used extensively in vehicles, including in taillights and interior lighting.
- The F-150's headlamps also include a thin LED tube that outlines the lamp for a unique signature appearance.

doesn't heat up, unlike halogen or HID headlights, which get hot. In a halogen lamp, the bulb itself gets as hot as 600 degrees Celsius, Dassanayake says.

Because the lamps stay cool, they won't melt snow that accumulates when driving in winter. Ford is working on special surface coatings that should help to reduce any buildup.

It's also important for headlamps to use as little power as possible, since the electricity is ultimately generated by the engine, and any power draw decreases fuel economy. The LED lamps are more than 50 to 60 per cent more energy-efficient than halogen lamps, and about 30 per cent more than HID headlamps. "It will improve as time goes on," Dassanayake says. "This is technology at its basic inception."

The new lamps are also more robust than other types, which is especially important in a pickup truck. Excessive vibration from off-road bumps or rough roads can shorten the lifespan of the filament in an incandescent or halogen bulb, but isn't an issue in an LED lamp, which doesn't use a filament. "I think LED is going to be the future of lighting," Dassanayake says.

Quoted

"I think LED is going to be the future of lighting."

Mahendra Dassanayake, senior technical leader for opto-electrics at Ford



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RISE OF THE ROBOTS

In 1962, General Motors put the first robots online to perform spot welding. Today the presence of robots on factory floors has grown to the point of almost full 'lights out' automation in some factories

TODD D. BURLAGE

www.wheelbasemedia.com

Neil Dueweke still remembers the day these cold and emotionless invaders quietly overran factory floors and callously changed the course of automotive history.

These tireless workers never left their post, never called in sick, never took vacation and never once gossiped or griped about long hours or no lunch break.

With more than 25 years in the robotics business, Dueweke has been on the front lines while this technological influx has steadily made car building as safe, efficient and dependable as it ever has been.

"Robotics has changed dramatically since I've been in it," said Dueweke, body structure general manager of FANUC America Corp., a leading international industrial robotics supplier. "And the business continues to change seemingly every day."

From the simplistic single-arm robots of the 1980s used for menial tasks such as spot welding, to today's modern machines that can carry en-

tire truck bodies and handle almost any manufacturing chore, robotics are becoming more the rule than the exception in vehicle construction.

Robotics in automotive construction continues to evolve, but the science is nothing new. Since 1962 when General Motors put the first robots online to perform spot welding and die-casting, the presence of robotics on factory floors has grown to the point of almost full "lights out" automation in some factories, where cars can be built in the dark.

And while robotic-reliant plants obviously don't help the human unemployment rate, these precise machines dramatically reduce on-the-job injuries and, Dueweke believes, improve overall morale within the workplace.

And as far as job loss? "The argument about the robots taking jobs away from people is rather in the past," said Dueweke, stressing that while the assembly line workforce may be shrinking some, maintenance and other spe-

cialized job opportunities are growing.

In addition to improved worker safety and unmatched reliability, the shrinking prices and logistical advantages of a robotic-based facility are driving auto builders more and more to automated-plant construction. Popularity and mass production of robotics have helped drive down the price of these machines by about two-thirds since the boom of the automation industry 20 or 25 years ago.

Dueweke said that anywhere from 350 to 700 robots are installed during the typical construction of a "green field" plant. A standard low-end robot used for simple assembly tasks such as spot welding or tire installation costs about \$20,000 US, while the most sophisticated painting or lift-and-place machines cost \$100,000 US or more.

"Price is one of the key enablers," Dueweke said. "It's a lower cost right now to put up a robotized plant versus what was done 30 or 40 years ago."



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For those without a Metro, the forecast calls for "I dunno" with a slight chance of "Huhhh?"

metro

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Horoscopes

Aries

March 21 - April 20

Keep your eyes and ears open today because if you don't you may miss out on an opportunity to have fun. With Mercury moving strongly in your favour, your mind will be sharp and strong, giving you a major advantage over your rivals.

Taurus

April 21 - May 21

You must be positive today. Both in your personal life and at work there is a lot at stake and you need to know what you want — and have the courage to reach out and take it.

Gemini

May 22 - June 21

Start believing that you have what it takes to make a difference. Now that Mercury, your ruler, is moving into your sign, the doubts of the past few weeks will be swept away.

Cancer

June 22 - July 23

The things you fear the most are the things from which you have least to fear. Seep that into your subconscious. The planets indicate nothing out there in the world can hurt you.

Leo

July 24 - Aug. 23

The message of the stars is you must allow friends and family members to make more decisions for themselves. Over the past few weeks you have insisted on taking the lead. It's time to give others a chance.

Virgo

Aug. 24 - Sept. 23

You won't lack for opportunities today but don't just throw yourself at the first one that comes along. Identify what it is you most want to accomplish and wait for the right offer.

Libra

Sept. 24 - Oct. 23

You may have been too fixed in your opinions of late but with mind planet Mercury moving in your favour, you will get the chance to review your beliefs and adjust them to fit reality.

Scorpio

Oct. 24 - Nov. 22

Over the next two or three days you will find it easier to come to grips with a financial matter that has been keeping you awake at night. Once you find the real problem, you will also find the courage to deal with it.

Sagittarius

Nov. 23 - Dec. 21

Others don't have to lose out just so that you can win. Your task today is to find creative ways in which to further your own ambitions while helping others get what they need.

Capricorn

Dec. 22 - Jan. 20

You have changed so often in recent weeks that you may no longer be sure which way is up, but that's OK. On the work front at least you will know without a doubt what needs to be done next. So do it.

Aquarius

Jan. 21 - Feb. 19

Now that Mercury, planet of the mind, is moving into your fellow Air sign of Gemini the mental turmoil of the past few weeks will fade away. You can make things easier for yourself by not worrying so much.

Pisces

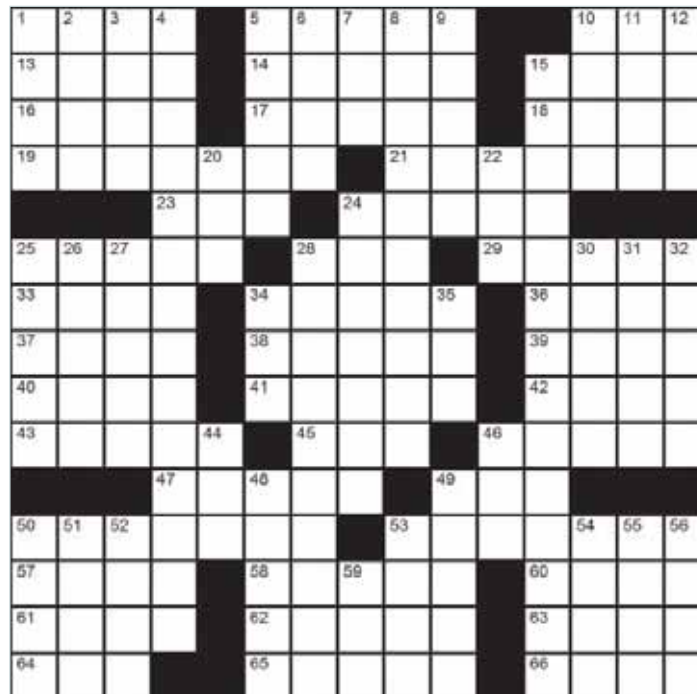
Feb. 20 - March 20

You may have to give up something that means a lot to you but you won't mind too much. You will be happier still if people just leave you alone for a while. **SALLY BROMPTON**

Crossword: Canada Across and Down

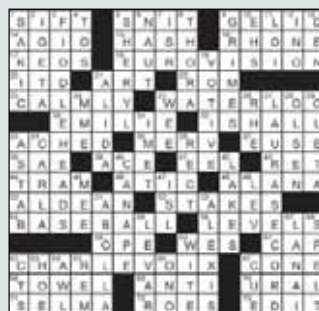
Across

1. ____ (Answer to "Where's Vancouver?")
5. Popular cartoon-like icon in digital communication
10. Dijon's country, to the IOC
13. "That hurts!"
14. Fruit type
15. Vancouver band, ____ The Whale
16. Insect nests
17. Gradual loudness increase in music, for short
18. Purplish
19. Toronto: Yonge Street splits this Avenue into East and West
21. "The Newlywed Game" host Bob
23. "Yuck!"
24. Tune line
25. "____ Replay" by Rihanna
28. "Hee ____"
29. "Disaster ____" on HGTV Canada
33. Over-fed = ____ lot
34. Actress Debi
36. Clark Gable film setting
37. Seeded
38. Hawaiian Crow
39. 'Gen' finisher (Basic)
40. Baby branch
41. 'The King', in Spanish: 2 wds.
42. Lounge around
43. Building extension
45. 'Vigor' suffix
46. Quebec, 'La ____ Province'
47. Norwegian kings
49. Zoologist's foot
50. "When I'm with You" Canadian band
53. Receive warmly
57. Ping-__
58. Western flick
60. Ancient author
61. House's gutter locale
62. Arctic boat
63. Peel
64. Sarcastic
65. Onion kins
66. Dash
- Down**
1. Particles
2. Night: French
3. Alphabet sequence
4. Coast Salish actor (b.1899 - d.1981) from North Vancouver who co-starred with Clint Eastwood in #8-Down: 3 wds.
5. Host an event
6. Seas: French
7. Flamenco exclamation!
8. "The Outlaw ____" (1976)
9. Obtain
10. Human/goat forest deity
11. Canadian star Mr. Moranis
12. Tangy quaffs
15. NASA's Kepler: 2 wds.
20. Whopper
22. Tender
24. Statue of Liberty poet, Emma ____ (b.1849 - d.1887)
25. Macaroni
26. "Liquid Dreams" TV-created band
27. ____ stock (Recently-arrived goods)
28. Toronto attraction, Hockey ____
30. Festive song
31. Canadian singer/pianist Diana
32. Room: French
34. Ms. West
35. Jamie Foxx movie
44. Gladiator's 41
46. "The Fresh Prince of ____-Air"
48. Run ____ of (Conflict)
49. Benefits
50. Disgorge
51. Rime
52. Greenly admire
53. Tired
54. Shape sort
55. Ms. Sorvino
56. Paradise
59. Affiliation



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword

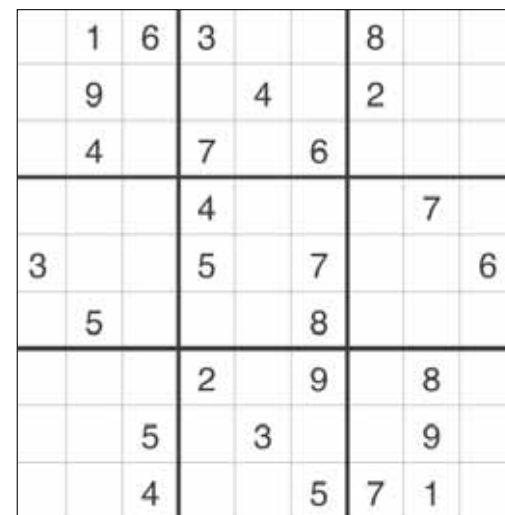


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

12°/2°
Variable

Thursday

13°/3°
Showers
40%

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